

ABSTRACT

Introduction:

Alcoholic beverages have been consumed from the beginning of the recorded history of human society. Both the developed and underdeveloped countries have been suffering from the abuse of alcohol. As per World Health Organization [WHO] Global status report 76.3 million are diagnosed with alcohol use disorders in 2 billion people consuming alcohol. Due to harmful use of alcohol 5.9 % of all deaths that occur worldwide and 3.3 million deaths occur every year. Alcohol is a causal factor in more than 200 disease and injury conditions. Overall 5.1 % of the global burden of disease and injury are due to Alcoholism, as measured in disability-adjusted life years (DALYs) death and disability come early in life and it is mainly seen in 20-39 years and 25 % of the total deaths are attributable to alcohol. There is a causal relationship between the harmful use of alcohol and a range of mental and behavioral disorders and other non-communicable disease and injuries no scientific studies have quantified the burden of alcoholism in Thiruvattar Block and no data are available till date about the prevalence of alcohol use among this Thiruvattar Block population and associated social factors. This study, using WHO developed AUDIT[®] tool aims to find the prevalence of alcohol use among men in the Thiruvattar Block population, aged 18 years and above in Thiruvattar Block ,kanyakumari District,Tamilnadu and also to determine the social factors associated with alcohol use, patterns of drinking, so as to plan effective interventions in future

Methods:

A cross-sectional study was carried out from march 2017 to July 2018(1 ½ year) in 464 men aged 18 years and above selected using a two stage cluster sampling, Thiruvattar block consist of 16 panchayats in each panchayat there are about 15 wards. One ward from each panchayat was selected randomly by lottery method. The list of house from the panchayat was used as the sampling frame from the selected ward, 32 houses were chosen by computer generated random number method. From the selected house one subject were chosen for the study. WHO endorsed AUDIT questionnaire which was incorporated in a pre-tested semi structured questionnaire containing socio-demographic variables and other variables like pattern of alcohol use, reasons for alcohol use , was administered by the researcher.

Results:

The median age of the 464 study participants were 32.50 with an interquartile range of 71 . The prevalence of ever alcohol use was 55.6 %, current alcohol users was 50%, alcohol use disorder was 28.23% and potential alcohol dependence was 31.03% .The age group of 20.5% of subjects in the age group 40-49 years were ever alcohol users and current alcohol users were 22.8% and alcohol use disorder was

37.4%.The significant risk factors of alcohol use of (current, ever and never,alcohol dependence) that is ($p<0.001$) were ‘any alcohol user in the family’, ‘a current user’, ‘supply of alcohol in social gathering/ friends gathering, in work place’, ‘frequency of alcohol use’, ‘morbidity’, ‘distance between home and outlet’, ‘objection from wife ’, ‘any attempts done to stop alcohol’, ‘if yes reason for cessation of alcohol’. The most of them 101(43.5 %) belongs to low risk zone (1-7) AUDIT score followed by 70(30.2%) belongs to hazardous drinking AUDIT score (8-15).The main reasons for alcohol use in Thiruvattar block were drinking because of fatigue and the availability of alcohol. Peer pressure were the most important reasons for initiation of alcohol use along with curiosity, to feel with the crowd

Conclusion:

Prevalence of alcohol use among men in Thiruvattar block is more than the current national and state prevalence for men. The age group of 40-49 years has alcohol use disorder which has high prevalence of 37.4. Though people were aware of ill effects of alcohol, awareness about de-addiction was low. Alcohol shops, just beyond the Kerala-Tamil Nadu state border is very crucial because even if alcohol is prohibited in the whole state of Kerala, These alcohol shops will still remain open as a source of alcohol for people working in kerala from Thiruvattar block. Hence awareness regarding ill effects of alcohol should be given to this Thiruvattar block population.

Key words: Prevalence, Alcohol use, AUDIT questionnaire